

MAY 28 1985



Integral Yoga®

THE TEACHINGS OF
SWAMI SATCHIDANANDA
APRIL/MAY 1985 \$2

UPCOMING EVENTS with SRI GURUDEV

APRIL

- | | |
|----------------|--------------------|
| 17-19 Brussels | Public lectures |
| BELGIUM | |
| 19-22 Paris | Lectures and |
| FRANCE | seminars organized |
| | by Integral Yoga |
| | France |
| 25-28 ITALY | Italian Yoga |
| | Federation |
| | Conference |

JUNE

- | | |
|------------------|-----------------|
| 19 New York | LOTUS Dinner |
| NEW YORK | |
| 20 NEW YORK | Public talk, |
| | Synod House |
| 21-23 NEVADA | Summer Solstice |
| | Seminar — Joy |
| | Lake Community |
| 29-30 Buckingham | Guru Poornima |
| VIRGINIA | Celebration |

holy days & other special dates

MAY

- 4 Full Moon
- Lunar Eclipse (not in USA)
- 6 Nisfu Sha'Ban (Islam)
- 7 Rabindranath Tagore: Birthdate
- 11 Joan of Arc Day — France
- 12 Mother's Day
- 19 Partial eclipse of the sun
- 21 Ramadan begins (Islam)
- 26 Shavuoth (Jewish) continues through May 27
- 27 Memorial Day (USA)

JUNE

- 5 World Environment Day
- 7 Lord Buddha's Birthday (Buddhist)
- Full Moon
- 8 Sri Thirugnanasambandar: Birthdate
- 18 Green Corn Dance (Seminole)
- 21 Summer begins
- 25 Sri Manickavasagar: Birthdate

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not numbered as Nos. 3 & 4. Therefore, in 1985, the numbering only went to Volume 16, No. 5.

I have enclosed Volume 16, No. 5. Unfortunately, the type in the magazine was incorrect, and it is mis-labelled as Volume 15, No. 5.

Volume 17, Nos. 3 & 4 - I have enclosed a copy of the Lotus Souvenir Journal, which was sent to our subscribers in 1986 as a double issue, taking the place of Volume 17, Nos. 3 & 4.

Volume 18, No. 1 - This also resulted from confusion in numbering, due to double issues. Volume 17, No. 5 was a double issue, and should have been labelled Volume 17, Nos. 5 & 6. Instead, the next issue of the magazine was labelled Volume 17, No. 6 instead of Volume 18, No. 1.

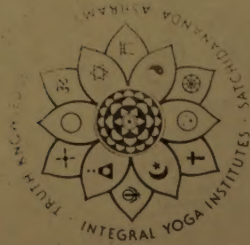
When it was determined that this confusion had arisen in numbering, due to double issues, it was decided to label the second issue of 1987 as Volume 18, No. 2, to get us back on track.

We are a small magazine with a somewhat inexperienced staff. I am sorry for the inconvenience we have caused you, and we have hopefully learned from these mistakes. Thank you for your patience. If there are any further questions, please contact me.

In Peace,

Janaki Carrera
JC

Rev. Janaki Carrera
Publications Department



Integral Yoga® Publications

Satchidananda Ashram - Yogaville

Founder

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11 March 1988

Teri Karels, Head of Serials
Graduate Theological Union
Flora Lamson Hewlett Library
2400 Ridge Road
Berkeley, CA 94709

Dear Ms. Karels,

Greetings of Peace.

Thank you for your letter about the Hewlett Library subscription to Integral Yoga Magazine, and your concern about missing issues. As I was not in the Publications Department at the time the issues in question were mailed, I have enclosed some of the issues you mentioned, assuming that there was an error on our part. For the other issues, the problem lies in incorrect numbering of issues, especially where double issues were concerned. Here then, is the status of each of the issues you mentioned in your letter:

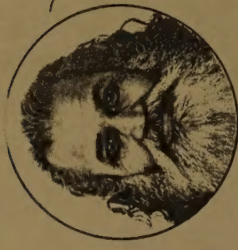




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INTEGRAL YOGA® AND YOU

INTEGRAL YOGA® Magazine is the official organ of the Integral Yoga Institutes, Teachings Centers, and Satchidananda Ashrams. These centers are vehicles by which the Integral Yoga teachings of Sri Swami Satchidananda are lived and shared. The centers offer ongoing programs in the various branches of Yoga — including Hatha, Raja, Karma, Bhakti, and Jnana Yogas — as well as instruction in yogic diet and other related topics. There are open classes, courses, teacher training programs, universal worship services, and retreats for both beginners and more advanced students. Resident programs, providing an opportunity to experience total yogic living are also possible.

A wide range of guest programs are offered at the Ashram in Buckingham, Virginia. Located at the Virginia Ashram are: The audio-video department, book publishing and distribution services; a preschool, elementary and junior high school, and the international coordination offices for all Integral Yoga Centers. The LOTUS (Light Of Truth Universal Shrine) is under construction at Yogaville, Virginia.

For more information, to arrange for an Integral Yoga program for any group, or to be put on our mailing list, please feel free to contact any of the centers listed inside the back cover of this Magazine. We are here to serve you.

Letters

I have been doing things to help me get closer to realizing the Truth.

I went through the things in my room and I gave away some of the most special things I have. Before I gave them away I thought I would miss them, but I don't.

I had forty dollars, and I gave thirty dollars to the people in Ethiopia. Most of the remaining \$10 I spent on my mom and my sister. I am trying not to call things mine.

I hope I am getting nearer to being just like you.

Love,

Uma Sacket, age 11
Buckingham, VA

The annual prison art show was held last week, and again a ribbon was placed on my sketch of you. (I used a photo of you from the February, 1982 issue of *Integral Yoga Magazine* for the model of St. Joseph holding Jesus.) This year I hadn't had much time for drawing so a few days before the Art Show I made this little sketch, just to be represented. I took the sketch along with me to the Catholic Mass service on the Sunday of the Art Show — as that service is held in the gym here, and the Art Show was to be held in the same room directly afterward. After Mass, the priest (a very radiant, spiritual man who has served here in the prison for thirty-two years) noticed my sketch and came over and blessed it. When I found later that the sketch had a ribbon on it, it really caused me to smile inside! I think it's lovely that the prison, via the Art Show, decorated my gifts to you with pretty red ribbons!

Thank you, Swamiji, for all the light you radiate so that I can see to find my way, and for allowing me the comfort to know I am not alone on this journey.

Jeri Becker
Frontera, CA

Sri Gurudev

A year ago today, this body was experiencing so much pain that it could hardly stand. Of course, it's God's Will how and when we heal. But there is more than the physical needed for full healing.

This morning you reminded us to take account of our assets and debits. I for one know that your teachings have taken effect and that people do take count; for this year I have received from everyone in the *sangha* the love, care and prayers that make the difference in healing. Since then I have seen many others also benefit from the compassionate concern of the *sangha's* brothers and sisters.

We are growing, Gurudev, and I know that I speak for everyone in saying thank you for the lessons that teach us true love for one another.

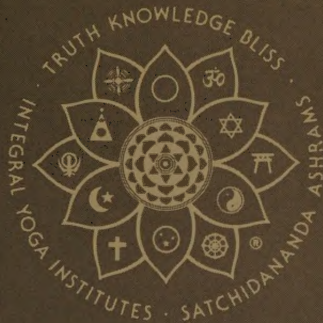
S.S.M.,
Buckingham, VA

Dear Integral Yoga Publications,

I wish to thank you all for your help and support over the past few months. I have been going to Hatha Yoga teacher training, and part of the required reading was the series on *yama* and *niyama* in *Integral Yoga Magazine*. I cherished the reading of those magazines! I happily arose at 2:00 in the morning to read the articles that had been written by great people I had heard of: Mahatma Gandhi, Saint Teresa, etc. — and I read all the magazines over and over.

Prior to this recent experience, my daily practice and hatha yoga classes have been my private retreat from a hectic materialistic environment. The reading of these magazines has instilled in me a desire to read more about yoga and to explore this world.

M.D.,
Denver, CO



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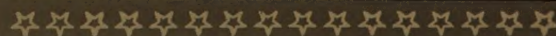
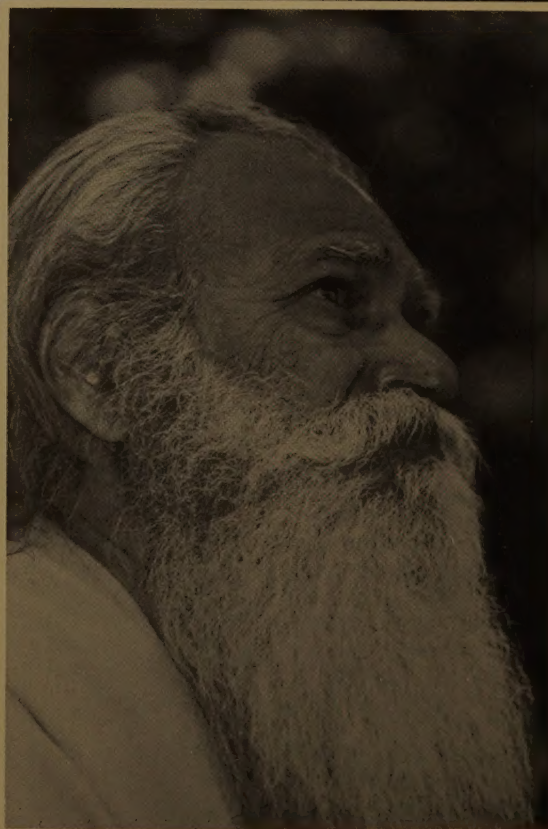
SRI SWAMI SATCHIDANANDA is a master of Yoga, a world spiritual teacher, and Guru of the students of Integral Yoga. He is dedicated to the ecumenical movement, his motto being: "Truth is One, paths are many." His main residences are in Buckingham, Virginia during the summer and Santa Barbara, California during the winter. He also travels widely, sharing with people through every possible medium: lectures, conferences, radio, television and newspaper interviews, books, and visits to centers around the globe in the fields of education, religion, health and Yoga.

☆ AN IYM EXCLUSIVE! ☆

EXCERPT
FROM THE NEWLY RELEASED BOOK

KAILASH JOURNAL

BY SRI SWAMI SATCHIDANANDA



*In **Kailash Journal**, Sri Gurudev tells of his pilgrimage to the holy Mount Kailash. It is a story of challenge, adventure, and — most of all — inspiration . . .*

The drivers had been slowly following us at a distance with the mules. When they reached the Undathura Pass, they hesitated to follow us down the steep slope, deciding instead to unload the animals and take them back to a spot which we had passed earlier for the night. Once they had been relieved of their load, the mules usually liked to roll on the ground; but here, the rough stones and ice hurt so much that they immediately scrambled back to their feet. Having given up their rolling, they now looked around for pasture to graze.

Hunger cares little where one is, and the mules were in its clutches. The ground around them was covered with barren snow, but something on the back of one of their mates looked like grass. It was actually the animal's shaggy coat, but the mules were blinded by hunger and each one began to chew the hair on the back of another. Within a few minutes all of the mules were biting and kicking in confusion. The drivers were horrified. They had seen this kind of thing before and knew that if the melee were allowed to continue, not a single mule would survive. This was almost a certainty. Leaving the baggage men and there in the care of God, they quickly led the mules back down the slope about two or three miles to a place where they had seen some grass. There they spent the night. Two of the drivers took pity on us and attempted the descent instead. One of them managed to get his mule to our camp, where he awaited the arrival of the other.

Ho! My Mule Is Lost"

About ten o'clock, as we were dozing in Pratap Singh's tent, we suddenly heard someone wailing outside. We looked out to see the young Maan Singh running toward us shouting, "Ho, my mule is lost! What shall I do? What shall I do?" We knew that the animal would be in great danger, and immediately asked him for details. He told us that his mule had tumbled on the hillside and rolled on down out of sight. We were stunned. The animal could be anywhere on the snow-covered slope, or even in the valley itself. We had taken us hours to cover that distance in the daylight; finding a mule at this time of night seemed an impossible task. It was certainly a dangerous one.

Still, two kind-hearted men went out — their path lit by flashlights and the stars — to attempt a rescue. A long search did bring them to the mule, but in spite of all their efforts they were not able to free the poor animal, whose legs were very deeply imbedded in the snow. They returned to camp in defeat, but explained that we need not fear for the life of the animal, since only its feet had been buried. They would make another attempt at rescue in the morning.

We brought Maan Singh into the tent and gave him some tea. While the others tried to console him, I mentally repeated the *maha mrityunjaya mantram*, a prayer of all beings. Maan Singh gradually stopped his crying and began doing *Ram japa*. As he quietly repeated the name of God, the other inmates dozed off and the tent finally became silent once more. I was still awake around two o'clock when Divan Singh woke up and affectionately inquired if I had slept. He offered to make some tea, and I gratefully accepted.

The Worry Is Over

Our conversation roused those who were only half asleep and they decided to join us for tea. While waiting for Divan Singh to prepare it, we heard the distant neigh of a mule. We all assumed it to be that of Maan Singh, and were greatly relieved. When we had finished our tea, the others returned to their former state of half-sleep.

I was still wide awake, and spent the rest of the night waiting for the sun to come up. Rain fell the whole time. As the first rays of dawn appeared, Maan Singh quietly left in search of his mule. He returned about 45 minutes later with the news that the animal had reached Kailash ahead of us. *Ram japa* was forgotten and the youngster once again wailed loudly. Each of us — in his own way — tried to console the boy, but none of us succeeded. Our words might have consoled him if he had been worried about the departed soul of the mule; but as it turned out, his primary concern was the loss of its value. Once we discovered this, we offered to compensate for him the loss and thus were finally able to bring him back to his normal spirits.

As the sun rose over the horizon, the pilgrims came out into the daylight. The



Mount Kailash

body of the unfortunate mule which had tumbled down the slope and faced its death in the merciless cold was only half a mile away. It was a pitiful sight. Within just a few minutes, the carcass of the dead animal had become a feast for a number of giant vultures. Such is the way of the world. One's loss is another's gain; one's pleasure, another's pain.

An Original Means of Transport

The drivers who had gone back to the grazing area the night before climbed to the Undathura Pass again that morning, and again wavered over the descent. At first they refused to come down at all. Then they considered bringing the baggage down but leaving the mules behind. They finally decided to bring the mules down and leave the baggage. The animals struggled terribly on the descent. One mule stumbled and slid all the way down the slope, just as Maan Singh's had done the day before — but this one took its master along with it. Immediate rescue was possible this time however, and both mule and driver were spared departure from this world. At times the condition of the path is so treacherous that drivers will not even attempt to lead the mules down;

instead they tie the legs of the animals, wrap their bodies in thick woolen rugs and slide them down the slopes.

By late morning the mules had all arrived at the camp. In the afternoon a few men went back up and slid part of our baggage down the hill. The rest of it was left unattended at the Pass. Since our camping equipment and bedding had thus arrived, we put up our tents and prepared to spend another night in the Gangapaani Valley. These accommodations were luxurious compared to the tea kiosk of the night before, but when the sun went down the cold commenced its reign and the pilgrims began to shiver again. The temperature which was often as high as 28°C(83°F) during the day, usually dropped to 9°C(48°F) after sunset and 3°C(38°F) by morning. There was nothing on the hilltops, other than our own tents, to break the course of the icy wind as it swept across the glaciers. I got into my sleeping bag, but the cold penetrated even that and my body was soon chilled. Nevertheless, it was warmer than the snow beneath it, which soon melted soaking through the canvas under my bedding. A headache which had begun earlier in the evening increased in inten-

sity as the night progressed and I slept fitfully.

Shortly before midnight my body began to shake violently. My heartbeat slowed dramatically and I could scarcely breathe. It seemed certain that this body was not going to reach Kailash. It is not possible to describe the feeling one gets when he sees the life departing from his own body, and knows that he is helpless to stop it. All I could do was pray: "Oh Lord! I have come all the way here to worship You in Your holy abode. Am I not fit to do so?" I struggled to sit up and fought for breath as I continued to pray. In a short while my body began to sweat profusely. Little by little, the life that had almost departed from this frame seeped back in. Within another half hour both respiration and heartbeat had stabilized. Relieved to some extent, I was able to get back into my sleeping bag. I spent the rest of the night thanking the Lord for His mercy.

5 July, Morning. The mule drivers brought down the rest of our baggage, one piece at a time. They applied themselves to this task in a half-hearted way, and night had set in by the time they finished. When the baggage was unpacked, several items were missing: the bedding of Ramdas, who had recently joined us, a woolen blanket belonging to Kunthan Singh, a teapot, the container of *ghee* and a few other things. The driver who had safely reached our camp the night before had brought the food provisions, and those too had been short. All of the drivers, when asked about this, pleaded total ignorance. There was no way of knowing if we had been robbed or if the drivers had simply felt free to help themselves to these goods. That night was more comfortable than the previous one, and I was able to sleep peacefully. Still, some unknown force woke me at two o'clock in the morning and I sat in meditation until dawn.

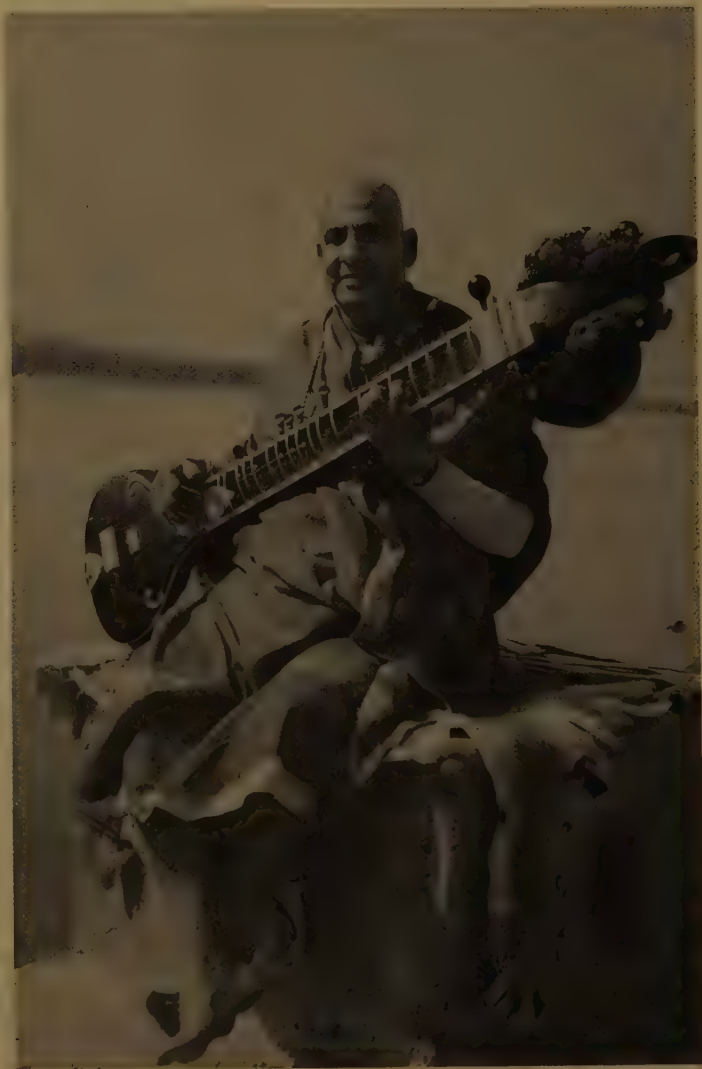
ANNOUNCING!

TWO NEW BOOKS FROM INTEGRAL YOGA PUBLICATIONS

KAILASH JOURNAL by **Sri Swami Satchidananda** is the story of a rare physical experience and an even rarer spiritual one. It is the story of a pilgrimage and of the quest for direct knowledge of God. Sri Gurudev has brought forth the story of his 1957 Kailash quest so that all of us might be able to benefit from one man's journey. Told with great humor and insight, this timeless story is a joy and inspiration. \$6.95.

THE MASTER'S TOUCH: stories by disciples of Sri Swami Satchidananda, compiled and edited by Sita Bordow. Gentle, humorous, casual moments are recalled as well as life-changing, miraculous experiences. All have a lesson to teach. The result is a collection of stories about many (but certainly not **all**) facets of a great spiritual master and his disciples. \$4.95.

Available now from Integral Yoga Publications, Route 1, Box 172, Buckingham, VA 23921. (When ordering, please include \$2.00 for postage and handling.)





by Sri Swami Sivananda

PARABLE OF THE LACONIC SPARTAN

In ancient Greece there was a tribe called the Spartans. They were a very brave people, very simple in their habits, who never boasted about themselves. The valor of the Spartans was a legend all around their country. When a Spartan said that he would do something, people knew that he would rather die than fail to do that.

The place where they lived was called Laconia. So they were called Lacons. One of the injunctions of their ruler was: "Be brief, clear and accurate in what you say. Do not be vague, and do not waste unnecessary words in trying to say what you do not know. If you do not know a thing, say so. If you want to do a thing, do not boast about it until you have accomplished it."

The people of Laconia were as obedient to their ruler as they were brave in the battlefield. In fact when asked a question, a Lacon's answer would be so brief and to the point that even to this day when a statement is succinct, it is called "laconic."


Now to illustrate the point, there is a story. In northern Greece, King Philip, Father of Alexander the Great, ruled over a territory called Macedonia. Philip wanted to conquer all of Greece. So he raised an army of several legions and in-

vaded many neighboring states. Then he sent a note to the ruler of the Spartans asking him to accept his sovereignty over Laconia. At the same time, he warned that if the Spartans failed to obey his army would destroy them.


King Philip received the answer in a short while. The letter of the Spartan ruler contained only one word. The word was "If." It meant that the Spartans were not afraid of his army, and that King Philip could carry out his threat only "if" his army was allowed to enter into Laconia by the gallant Lacons.

The moral here is precisely what the ruler of Laconia asked his citizens to abide by.

The world is full of vainglorious people. There is no dearth of gossipers. Practical people never indulge in boasting about their work. They speak less and work more. They never promise or swear but do what is expected of them. They do not spread false rumors and fabricate facts. Tale-bearing is unknown to them. Vanity never clouds their reason. They avoid confusion by speaking less and by not listening to gossips. Hence their decisions are forthright and unswerving. The ancient people of Laconia present a fine example for emulation.



*—from The Divine Life —
monthly journal of the
Divine Life Society*



by Swami Lalitananda Ma



KIDON

In the August/September issue of *Integral Yoga Magazine* there appeared some beautiful poems written by Kidon Bauman, a sixteen-year-old devotee of Sri Gurudev. Kidon had been suffering from stomach cancer for the past three years, and on the 2nd of August this year he left his body — fearlessly, conscious to the last hours and with a minimum amount of pain. He never got to see his poems in print but had been thrilled to hear that they had been selected to appear in “Gurudev’s very own magazine!”

I’d like to share with you a little bit about Kidon, who lived a short but very fulfilling and inspiring life.

He was a remarkable old soul in a young body. I first met him in October of 1982 when he came to the Virginia Ashram with his father Steve and a family friend Narayana Leavitt, one of Sri Gurudev’s earliest disciples in America. Kidon loved the Ashram and the people he met, but most of all he loved the LOTUS. The idea of an ecumenical shrine fascinated and inspired him. He really looked forward to attending the grand opening dedication in 1985. He met

with Gurudev and received great inspiration, strength and guidance.

When I moved to the New York IYL in February I had dinner with Kidon, his father and younger brother Beau. Kidon’s first question was, “What’s happening with LOTUS?” He spoke of Gurudev and the LOTUS most of the evening. He looked well and happy.

In March he had a setback and I visited him in the hospital. I never got the feeling that I was in the presence of a sick person. Kidon was always vibrant, interested in everything, and full of life. He never got frightened or depressed about his illness, but was confident he would overcome it. As soon as he left the hospital, his mother Bonnie would take him out to their seaside home on Long Island where Kidon would resume hiking, biking, rock climbing and, in warmer weather, swimming, sailing and windsurfing. He’d been practicing Hatha Yoga, *pranayama* and meditation since before he got sick and very faithfully, whether in or out of the hospital, he did his Yoga practices daily. He continued his *sadhana* right up to the time he passed on. His illness, to him, was a challenge to rise above being affected by pain. A photo of Gurudev and the LOTUS remained by his bedside wherever he was.

You will see from the selected diary entries which he kept during the last several

weeks of his life, that he achieved his goal to transcend body and mind. His faith was unshakeable and his entire life was inspiring to all who knew him. In June he and Bonnie attended a LOTUS dinner in New York with Sri Gurudev present. Kidon was overjoyed to be with his spiritual master again.

When he left the body, Kidon's family asked me to conduct the memorial service for him. One of his schoolmates shared with us all how Kidon became totally absorbed in mastering whatever captured his interest and did so very quickly — whether it was a musical instrument, windsurfing, kitesurfing, astronomy, etc. He and his mother took the Easter Retreat at the Virginia Ashram. During that time he heard the tape "LOTUS Love Call" and loved it. He purchased it, got a recorder, and within a few weeks had learned to play the instrument. He was that kind of person — totally interested, completely concentrated and swiftly masterful at whatever he chose to do.

He had friends of all ages. The funeral chapel was filled to capacity with Kidon's friends — old, young, and in between. He related to everyone in a very special way. He loved everyone and was interested in each person he met.

His great dream was to teach Yoga to the young people on Long Island. He'd made arrangements for a teaching space, but never lived to fulfill this one wish. Kidon interested his family and friends in practicing Yoga, and his life was yogic in every respect.

In giving the eulogy, the point that struck me the most and which I tried to convey to those present was that Kidon taught us by his own example how to live life fully, always in the golden present, accepting whatever comes our way — whether it seems good or bad — with total heartfelt acceptance and using everything as an aid to our growth. His devotion and commitment to Gurudev and his teachings manifested in the comfort, joy and love he gave spontaneously to others.

Great souls like Kidon live on in the hearts and minds of all who knew them, serving as a guide and inspiration as we continue our journey. He lived more fully and completely in sixteen short years than many people do in eighty years. Whatever *karma* he had to purge or lessons to learn, he certainly fulfilled his purpose and lit the path for us all. All who knew him are blessed because he lived.



from Kidon's Journal

5 June

For the last month I have been with God more than ever and it has brought me great joy. I feel better than ever...I feel the most wonderful thing I'm doing now is that I am not in conflict with my Inner Self. I feel I've been given the gift of knowing what's right and wrong and only now have I listened to consistently...I'm giving to everyone and love it.

7 June

What another wonderful day. Before telling you about it I will tell you about the rest of yesterday. It was the perfect day for windsurfing. I went out on my first windsurfing voyage of the summer and it was one of the best ever. The wind was steady, not too strong, away from the point, and no waves. Just heaven...

9 June

In writing this as the chemotherapy is going in. This is the last time I will use that

word in this entry because the purpose of this writing is to drench myself in God... Once I am my inner diamond which is nowhere near my stomach I am free and flying, totally unaware of body, mind, immersed in Supreme Peace and Bliss...OM, OM, OM, OM, OM, OM, OM. I am eternally OM. The Holy Hum. The subtle vibration. God's primal manifestation. I will always dance to His peaceful pace...I am free. I will spread my wings and fly to my new sanctuary in the clouds. Oh, what perfection.

25 June

...I'm already getting better at keeping my calm and rising above any tension or anger but I have a lot of challenging work to do on my attitude. One of the other things I really have to work on is my frustration with others' apparent faults. I get upset and bitter when I think someone is acting stupid. I should accept peoples' faults as evidence of the perfection of Tao. The beauty relies on

the apparent ugliness for existence. They all came from the same thing. One essence. Unity in Diversity. The wonderful abundance and opulence of the Universe all inherent in that original substance...I will pray ceaselessly. I will give thanks eternally.

26 June

Oh, what a glorious day! This morning [my friend] Dave and I had a wonderful yoga session...Later on in the day I went windsurfing. Afterward I was feeling so good. Everything was so dazzling. Especially the clouds.

Blue and white, merely blue and white
Water, wind, and the infinite.
Such unattainable delicacy,
In conceivable intricacy.
Tis simply Natural
Tis naturally Simple.

If only my sight was simple. If only I could not forget that all things are simply natural.

27 June

Tomorrow's affirmations:

With every breath my entire being is re-vivified and revitalized.

I have completely transcended my body and mind.

I'm free from the illusions of matter.

30 June

I had another bout with pain last night. It was excruciating. It's very funny how one

forgets pain. You would think I'd be ecstatic with relief. Just goes to show you how fleeting and temporal sensations can be. Like the quote, "Beneath all these changes lies something that never changes. Grieve not, be aware of both!"

[During the pain] I kept thinking of Christ and from nowhere I all of a sudden said, "I bleed for You." Then I thought of the purification rites of African and Native American tribes. I knew that I was being purified. I became God. If I can rise above now, I know I'll be my Essence forever. I am happy always. I relentlessly rid myself of all illusions. I am strong.

4 July — Final Entry

Today I'm feeling much much better than the last few days. I was empty, now I'm full. The last few days have definitely been a test of my faith. So I'll make the purpose of this writing the restoration of my faith.

Faith	Light	Mystery
Flight	Love	Humor
Verdure	Perfection	Now
Viridescence	Vibrance	Karma
Bliss	Comfort	Purpose
Iridescence	Fullness	Humility
Understanding	Healing	Grace

I feel more free already. I am flying high relieved from all guilt and anger. I am filled with vibrance, understanding, bliss, grace, appreciation, laughter and comfort.





MORE SPARROWS

by Joan Metzner, MM

"You are of more value than many sparrows."

God looks upon me with this attitude radiating from His Heart. He attends to me as if I were the only one who existed, the only one about whom He cares. I am of more value than many sparrows. But where are these sparrows? My flitting thoughts that come and go . . . the passing things to which I cling . . . my pre-occupations and worries . . . my books, my poems, my body. These are the sparrows of my life and I am of more value than all of them. God looks at me, not at my accomplishments or failures. He looks at the redeemed guiltless Self — that is, the Son of God in me, and He is not distracted by the sparrows. He looks at His beloved child in whom He is well pleased.

"You are of more value than many sparrows."

This attitude of God toward me, when fully accepted, leads to a resonance of the same feeling in me toward others. This attitude is the best gift I can give to another. As I watch that silly ego stuff on television, which sometimes provokes judgment and condemnation, or judgment and adulation, God leads me to say to each football player, each Pentagon official, each convict, each anchor person, "You, dear friend, are of more value to me than all that ego stuff. You are of more value than many sparrows. Let go of your guilt and your fear. You are precious in my eyes and I love you."

"You are of more value than many sparrows."

When God says this to me, as He does in each lesson he provides, He is prompting me, teaching me to return that trust

and to say the same to Him: "You, my Lord and my God, are of more value to me than many sparrows. You are my All." When this Love expression is culminated, it is like an arrow from each one to the heart of the other. Through practice I hit the mark and realize we are One in that Song, in that Inner Spirit of Truth, Love, Unity. It is our mutual "vow form" which inspires Love for all creation. It means, "I am yours. You are mine. We are One."



—Maryknoll Sister Joan Metzner has long been associated with Sri Gurudev and the Integral Yoga Institutes. Her poems and essays have often appeared in Integral Yoga Magazine. Several books of her poetry have been published.

BOOK EXCERPT

THE MASTER'S TOUCH

Compiled and Edited
by Sita Bordow

As Sri Gurudev was driving down a residential street, we approached a sign upon which was written "STOP AHEAD."

He turned to me and asked, "Do you know how to stop a head?"

When I didn't reply, he gave the answer.

"You can stop a head with a heart."



I once asked Gurudev what I could do to unfold more quickly.

He looked at me, thought for a moment, and said, "Don't fold up."



Four days of programs, talks, meetings and special events in various locations culminated in a LOTUS benefit dinner in New York City. After one of the famous New York IYI gourmet dinners, the twenty-five contributors sat for quite a

while with Sri Gurudev, posing questions that would lead him to speak longer and tell more stories.

It was 11:30 p.m. on a Sunday night, and no one wanted to go home, but the questions were becoming just an excuse to have Gurudev stay longer. The evening's hostess graciously offered to end the gathering and let Gurudev get some rest.

"You've been traveling since Thursday morning," she said.

Gurudev looked at her, smiled, thought for a moment, then chuckled and said, "Well I have been traveling since my birth."



In the early 1970's, many California devotees were taking *pre-sannyas* vows which would eventually lead them to be monks. I knew that this wasn't the right path for me, but I wanted to remain close to Gurudev and was confused about it. One day I told him I was considering moving to Yogaville West.

"Don't do it. It's not for you," he said. "You should find a husband and get married."



I was so relieved. Shortly after that I met the wonderful man to whom I am married and we now have three beautiful children.



Devotees surrounded Gurudev as he waited for his luggage at the Santa Barbara Airport. To one, he said, "Are you still angry with me?"

"Just a little," she replied shyly.

"She's angry with me because every

time she gets in trouble she thinks the Swami should come to save her. What if God Himself won't come and save you? Will you be angry with Him?"

He went on to say that many times, when we don't feel able to handle uncomfortable or painful situations, we demand that God or Guru save us. God knows that only through certain experiences will we learn our lessons, so He permits us to learn through those experiences. He won't stop us because experience is the best teacher.

"God could have stopped Adam from eating the fruit," Gurudev stated. "But He didn't."





Above:
August, 1984 — Working on one of the altar alcoves which form the outside petals.

Right:
September, 1984.

Above Right:
February, 1985 — The Shrine is completely enclosed. During the cold months, work continued inside the LOTUS.

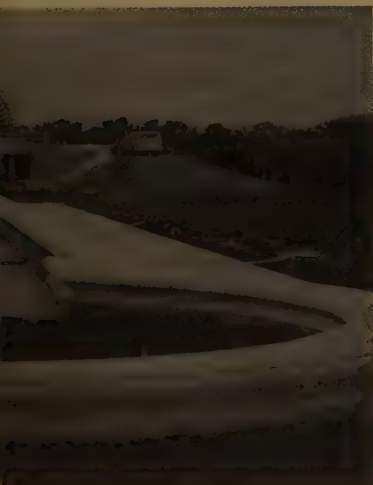
The other day a young man came to visit the construction site. He was looking for one of the companies we had contracted to do some of the exterior finish work on the Shrine. On his day of visit, a young man had come to LOTUS to get an idea of what type of project it was and what his work would entail.

What he encountered was not what he expected. In his own words: 'I had a lot about this project and Yogaville. I can't believe my eyes to see how far this building is. I don't know much about the philosophy behind this project, but I can tell just by looking at this structure that whoever designed it was incredibly artistic. Whoever the architect was, it wasn't just a plan on paper. You can tell that he spent a lot of time here. All the people who have done this work, you can see that they cared. It's rare these days to see such care and accuracy go into anything. I'll bet many construction people and craftsmen would love to come and see this place because it shows the greatness of craftsmanship. Usually [construction workers] don't care if something's off 1/4 inch. But you can tell this work that people put so much care into and there's a feeling inside the building that gives me a whole new hope about the construction business.'

This young man did not know the true purpose of LOTUS, nor did he inquire



LOTUS INSPIRATION



he was visibly moved by a feeling that he could not put his finger on. There is something beautiful here at the LOTUS construction site and something real that inspires people and seems to have a great impact on their lives.

This young man thanked us for showing him around, and just as he was about to be on his way he added, "You know, I've never seen anything like this in my life. And who knows, tomorrow when I go back to work maybe I'll say to myself, 'I'm going to do this job right.' Where I wouldn't have cared before if my work was $\frac{1}{4}$ inch off, now I'm going to think of this place and I'm going to remember that it's worth doing my work right."

Swami Premananda Ma



Sri Gurudev with Gordon and Barbara Latto

TRIBUTE TO SRI SWAMI SATCHIDANANDA

by Dr. Barbara Latta

Our initial glimpse of Sri Swami Satchidananda was at the First International Vegetarian Congress in Maine in 1975. He was sitting in the lotus position on a table in front of the lecture hall, utterly relaxed and radiant in his apricot-colored robe. When he began to speak he held us spellbound in his loving atmosphere. What arrested us most was his reference to the animal kingdom. It seemed he was there, even before he arrived at the Congress, of their joy in this event where so many humans had come together to minimize the animals' suffering and to care for their welfare and their right to happiness. This was an entirely novel approach, it was the loving way in which he spoke about the animals that was so moving. His genuine identification with them without condescension or sentimentality. We discovered that he was the founder of the Integral Yoga Institute and learned more about it from the two young yoga teachers who stayed on to the end of the Congress and taught yoga classes every evening, which we attended!

We received an invitation to visit the Satchidananda Ashram in Connecticut during the Congress and were delighted for our short stay among the ashramites. The delicious communal vegetarian meals while sitting cross-legged at very low tables were a great new experience, and so was all the chanting that went with it. We were fascinated by this hive of activity: the workshops, the cultivated gardens, the large serving to the neighborhood, the gift shop and the excellent health food store. During *satsang* we were given the opportunity to share some of our experiences with our new friends. It was quite clear that this was a very well organized enterprise and that a most competent spiritual

teacher and disciplinarian was inspiring all these young people to give their best in service to the whole.

Later Sri Swamiji honored us twice with a visit to our home in England and addressed several meetings — unforgettable events. Here was a swami with a great sense of fun and an infectious *joie de vivre* whose wisdom was put into a language all could understand and whose games with words all enjoyed.

We caught up with each other again during the IVU (International Vegetarian Union) Congress in India which Swamiji attended with a large group of devotees from the United States. It was a happy reunion! Our most recent reunion came at the IVU Congress in Maryland in August 1984, and we were invited to the Yogaville Ashram in Virginia. What a surprise we got when we were shown to a most beautifully equipped trailer. Here and everywhere else in the Ashram the most perfect hospitality of the heart was showered on us. We were deeply touched by everyone's loving kindness and genuine desire to make our brief stay particularly memorable. When we were taken to the vantage point overlooking the winding James River down below and the vistas beyond, we gasped! As soon as our eyes focused on the LOTUS in the making in the valley below our spirits leapt in wonder at the coming to life of such a cosmic vision. What can we say about the conducted tour of the site with Gurudev totally in command of the building operations and all the technological details? We were speechless and longed to be present at the opening of this most remarkable spiritual venture.

We have always been kept in touch through the *Integral Yoga Magazine*

which is a great favorite of ours and our patients. It is a privilege to receive Swamiji's simple and profound teachings every month, as well as all the other interesting contributions. His teachings are so practical, full of unexpected and surprisingly worded insights into the problems of everyday life — real treasures.

Recently we experienced once again, Gurudev's great skill in communicating

with the Interfaith Movement when I had an interview in the Deanery of Westminster Abbey with The Very Reverend Edward Carpenter and his wife Lillian. Both of them showed great interest in Swamiji's ecumenical and interfaith activities and enjoyed his presence.

We think of Gurudev as an inspired and inspiring teacher with a very important spiritual mission for our planet.

PURITY IN LIFE

by Dr. Gordon Latto

During 1975 I attended the International Vegetarian Congress at the University of Maine in Orono, in the capacity of the President of the International Vegetarian Union. I addressed that remarkable cosmopolitan gathering on the first and second sessions, after which two young ladies in orange attire came and thanked me for my remarks and stated that their guru was coming to the Congress and would be speaking at an informal meeting to which a few people were being invited. I attended and was deeply impressed with the words of Swami Satchidananda, his presence and the lovely atmosphere that he brought. After the meeting we met and talked and a true friendship was established.

I was born in Dundee, Scotland and our doctor then was an Indian and a vegetarian, named Dr. Jainti Das Sager. He told us much about Mahatma Gandhi and his teachings on *ahimsa* (non-violence toward all living creatures) which moved and impressed us. My father was the seventh child of an impoverished blacksmith in Dundee. He became a spiritual seeker and ultimately contacted The Order of The Cross. The Order was founded by the Rev. J. Todd Ferrier, a Scotsman, in 1904, some eighty years ago and some ten years before Swami Satchidananda came to join us on this terrestrial globe.

The "Aims and Ideals" (Foundational Statement) of The Order of The Cross are:

"To attain, by mutual helpfulness, the realization of the Christ-life, by that path of self-denial, self-sacrifice and absolute self-abandonment to the Divine will and service;

"It is of these things that the Cross, a symbol speaks. It stands for the Sign of The Order of The Cross, because its three steps are those which have to be taken in order to arrive at that Estate which it symbolizes. It speaks of the quest for the humble spirit and the pure heart. It speaks of that further state of realization where the Soul gives itself in absolute abandonment for the Divine Service. The Three Steps are:

PURITY OF LIVING
PURITY OF THE MIND
PURITY OF THE SOUL

Thus to endeavor by example and teaching to win all people to the love of Truth, Purity and Right-doing.

"To proclaim the Brotherhood of Man, the essential oneness of all religious aspirations and the unity of all living creatures in the Divine. To teach the moral necessity of humaneness toward all people and all creatures. To protest against and work for the abolition of all national and social customs which violate the teachings of the Christ, especially the

involving bloodshed, the oppression of the weak and defenseless, the perpetuation of the brutal mind, and the infliction of cruelty upon animals (namely: war, vivisection, the slaughter of animals for food, fashion and sport, and kindred evils).

“To proclaim a message of peace and happiness, health and purity, spirituality and Divine Love.”

We may heal the body without calming the mind; we may calm the mind without comforting the heart and we may comfort the heart without illuminating the soul. We are all healers, true healers in the measure in which we realize the indwell-

ing presence of God. The true medicine for all diseases is Divine Love.

Swami Satchidananda is an inspired soul through whom happiness, hope, healing peace and love flow and he plays a very important part in the spiritual economy of this disturbed and disturbing planet. He is wonderfully upheld by the love of so many people and the love of our Father above. A river needs a bed through which to flow; love needs a vehicle through which to manifest. Swami Satchidananda embodies love. May the greatest of all powers be regnant within us all.

LIFE'S MYSTERIES UNVEILED

by J. Todd Ferrier

The Way of Service

In Service give of yourself. Purification leads to a true understanding of the purpose of Life. Toward the realization of Life's true purpose, Service is a *sine qua non*. There is no attainment without Service. There is no true enrichment apart from giving. He who giveth most is most enriched. He who giveth stintedly is in that measure impoverished. Our attributes are as riches. They are ours to give. By right uses they are made beautiful and strong.

Whole-heartedness in Service is a royal giving of a royal gift. Never make pretense of giving or of Service. Though pretense is an unreality, yet it has miasmatic influence. It ensnares and hurts thought and feeling. The real thing is ever a thing of beauty, whether it be on the inner realm

of realization, or on the outer world of manifestation. Reality in Service needs no proclamation. Let there be emblazoned on all your Service, as upon a sacred shield, that holy insignia of Divine Love, which is its own manifestor, and requireth not to be proclaimed. Be silent regarding your own ministry, however great it may be in its reach, or manifold in its results; let Love testify of it. A Life fully consecrated is rich. It possesses the most precious spikenard of Love. Than Love given in true Service, there is no ungent more precious. Its fragrance fills the whole Life. The scene of Life's ministry is aromatic with the Balm of Gilead. In that Balm there is healing; in such ministry the Divine Physician makes manifest His power.

—courtesy of Dr. Gordon Latto



LOOKING PAST THE BODY

by Kalyani Yarusso



As I stepped out into the early morning air to catch the bus, I could smell a definite hint of spring in the air. The sky looked like it had the makings of a magnificent day.

I climbed the hospital steps and boarded the elevator with the early morning crowd of people rushing to get to their appointed places in time.

Entering the renal unit to join the rest of my team for rounds, I passed an open window and felt a twinge of resentment at having to be inside on such a glorious spring-like day.

My patient assignment that day was with an 82-year-old man who had been brought in with severe hypothermia and changing mental status (severe confusion). As I entered his room, I bumped into the nurse with whom I was to be working. She was rushing to care for the other twelve patients to whom she was assigned, and asked me if I'd help this patient with his breakfast before getting his vital signs and changing his bandages. Then, as an afterthought, she said, "Watch out; he spits!"

I walked in to find an emaciated scruffy-looking man mumbling incoherently. I read his chart and discovered that he had been found on the floor of his unheated cabin, unconscious and suffering from severe frostbite. The result of that frostbite was that both feet, from the ankle to the toes, were blackened like charred wood. There was no doubt that both feet were going to be amputated.

Mustering as much cheer as I could, I introduced myself and proceeded to help him with his breakfast. I managed to get two or three spoonfuls of cereal into his mouth before it was projected back to me, forcefully, all over the front of my uniform. I watched the anger flash across my mind. I remembered the story Gurudev

told of the renunciate who meditated in the mountains for many years and thought he had achieved peace, only to find when he came back down to the marketplace and was shoved by the crowds, that he lost that peace very quickly.

I tried again, several times, with the same results. Finally I tried watering down the food to a liquid consistency and drawing it into a large 20cc plastic syringe and feeding him that way. It worked.

The next thing I had to do was change the bandages on his feet. As I gathered my supplies and put on my sterile gloves, I found myself resisting the unpleasant task ahead of me. Blackened necrotic tissue is very foul-smelling, and his toes were so deteriorated that they were in danger of just breaking off.

My task during that next hour is what this story is really about. It's about looking at that man and seeing the Christ in him, looking past the broken-down body and trying to see the untarnished soul, that was very soon about to be set free. It is about treating him with the gentleness, compassion and care I would have given my Guru. It is looking at the resistance of my mind and forging ahead anyway. It's about pulling together all that I have learned on this spiritual path, and putting it into action . . . for the goal here is not only to learn, but to *never stop* learning.

Nursing student Kalyani Yarusso has been a disciple of Sri Gurudev for many years.

by Adharsh McCabe, age 15

COMMUNICATION AND COMPROMISE

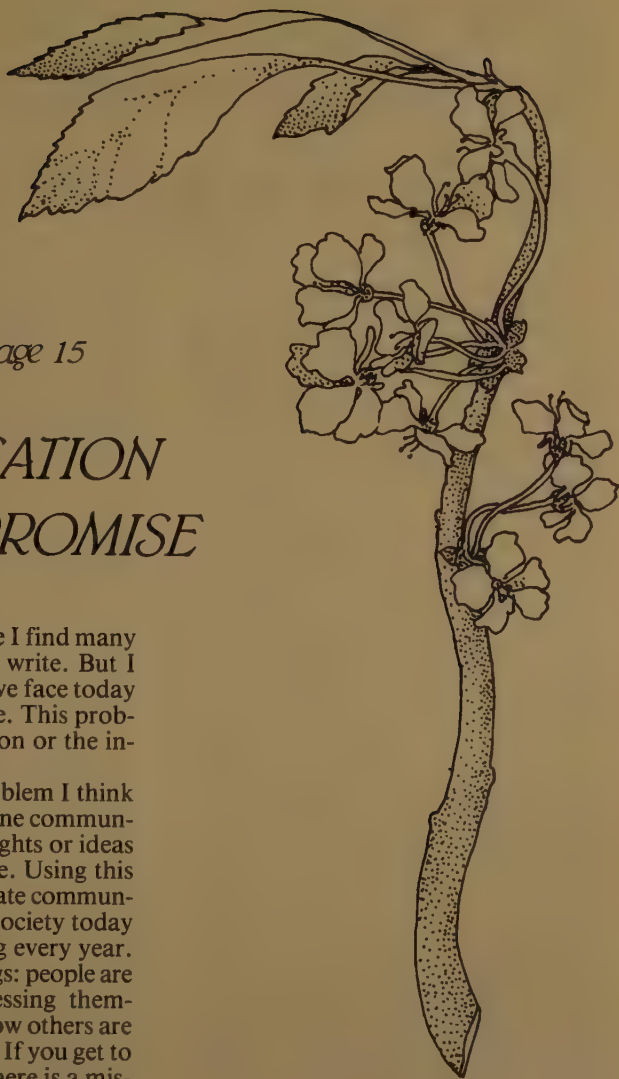
In the age in which we live I find many things about which I could write. But I think the greatest problem we face today is one we really don't realize. This problem is lack of communication or the inability to communicate.

In understanding this problem I think we must first define it. I define communication as a transfer of thoughts or ideas between two or more people. Using this definition we can directly relate communication to relationships. In society today the divorce rate is increasing every year. This can only mean two things: people are having more trouble expressing themselves or in understanding how others are trying to express themselves. If you get to the bottom of every battle there is a misunderstanding, which is only an unclear communication. Along with a clear and meaningful communication, there are other influencing factors. One of these is trust. Without trust there is no reason to believe, and that makes communication with a reason useless.

One of the many facets of communication is the compromise. But the basis of compromise, which is being lost, is that it's not necessarily a total gain. Take for instance the nuclear arms talks. In this compromise there is only one gain and there are no losses, but people tend to

overlook that simple fact. The gain of the arms talks is the eradication of nuclear armaments in which no one loses. Granted, in most compromises you must let something go to gain something else, but that is the basis of the compromise-agreement.

If we could allow more trust to enter our relationships and put aside a few of our inhibitions, I believe communication would not be a problem. We only have to realize this.





DAY BY DAY WITH SRI GURUDEV



Vision and Manifestation

On December 25, 1984 Sri Gurudev arrived in San Francisco, where he was lovingly received by the IYI family. On the 26th of December he was hosted by Doctors Dean Ornish and Shirley Brown at a luncheon at their home followed by a mystifying outing to the Chinese Magical Circus. A Christmas party filled with musical offerings and testimonials to Sri Gurudev was held that evening.

Beginning the 27th of December, the Unity-In-Diversity Council sponsored a retreat. "From Vision to Reality" was the theme of the program, which was held in Monterey, California. Sri Gurudev was invited to open the week-long retreat by speaking on the topic of "Vision and Manifestation in the New Age" during which he focused on the need for ecumenism. The LOTUS slide show was presented, and long-time devotee (and production manager of the retreat) musician Siva Fiske played several pieces before and after the show.

On the 28th of December Sri Gurudev flew from Monterey to Santa Barbara for the opening of the annual New Year's Integral Yoga Retreat held at La Casa De Maria. "Love is the secret of God realization" he told the 150 retreatants during one of the satsangs. What a beautiful way to welcome the New Year.

The California Institutes held their 14th annual New Year's retreat this year at La Casa de Maria, a beautiful facility just south of Santa Barbara. The 110 participants and 25 staff were blessed with a peaceful, serene environment at this lovely Catholic retreat site and five crisp, sunny California winter days.

As soon as the retreat began the silence maintained by participants, the practice of the yogic disciplines, and Sri Gurudev's

presence all combined to uplift everyone's spirits and create a feeling of shared peacefulness and joy. The daily schedule included meditation, hatha yoga, karma yoga, talks on raja yoga, workshops on the various practices, and afternoon presentations on the Yogaville school, year-end assessment, and Dean Ornish's studies on the effects of the practices on the health of the heart. And, of course, the highlight came at the end of the day when Sri Gurudev blessed all those in attendance with his presence at *satsang*.

New Year's eve was a particularly joyful occasion, with members of all faiths joining together for an ecumenical service, followed by *satsang* with Sri Gurudev, and chants for peace through the new year. The sharings by retreatants at the closing next day reflected the joy which is available to all simply by looking within and being still.

California

Sri Gurudev flew to Sacramento on January 9 and then drove to Nevada City for an evening lecture arranged by Sita and Rama Jensen. Nevada City, whose sister city is Grass Valley, is the site of a very closely knit and large family of spiritual seekers. Whether they are residents of Ananda Ashram (Swami Kriyanandaji's community which is in Nevada City) or followers of Gurudev or any other spiritual teacher or tradition, there is a beautiful spiritual harmony here and example of yogic living with an enormous respect for all paths. This extended family all turned out to make this evening another "S.R.O." event! Over 400 people came to hear Gurudev speak, and over sixty children had the opportunity to meet him during a pre-satsang for children only.

At the end of the lecture, which was fol

lowed by questions and answers, a drawing was held. The lucky winners received their gift from Gurudev. At one point Gurudev picked up a beautiful hand crafted necklace to hand to the winner just drawn, but then he was informed that it was the gift for the *next* winner. Sita handed Gurudev the gift for this present winner. It was a free flying lesson! The young lady who won the prize thanked Gurudev, but you could tell she wasn't very fond of flying! He then reached in to pull out a number for the next prize (which was the necklace), and the same woman who won the flying lesson won again! Gurudev handed her the necklace with which she was obviously very pleased. Gurudev commented, to the great delight of the audience: "Somehow I really wanted to give you the necklace. — See how fate works!"

Heartfelt thanks to Sita and Rama and to Chris and Julie Quinn who lovingly turned over their house for Gurudev's exclusive use during his stay.

On January 10, longtime devotee and expert pilot, Ramesh Marcum flew Gurudev from Sacramento to San Francisco where a LOTUS Benefit dinner was held at the exclusive Gaylord's Indian Restaurant. As usual, Mr. Kishore Kripalani, the manager and longtime friend of Sri Gurudev and the IYI, provided topmost service and the dinner combined with an auction was a huge success with nearly \$7,000 raised for LOTUS. Kamala Lee was the lucky winner of the Grand Prize in the raffle, winning a free airline ticket to the LOTUS opening in 1986! This event coupled with a public lecture at the Scottish Rite Temple to a full house of over 600 people made this a most fruitful visit.

Hawaii

Sri Gurudev flew from San Francisco to Hawaii on the 12th of January for a week long visit sponsored by the joint effort of devotees on the islands of Maui, Hawaii and Oahu. He gave a public lecture held at the Buddhist Mission in Maui, on January 13. Seated in front of the beautiful golden Buddha, Gurudev spoke on the theme of "World Peace." Reverends Maitreya and Maloah Devi organized the program and lovingly cared for Gurudev during his stay. They sang their beautifully spiritual "Heartsong

Music" before Gurudev's lecture. Steve and Irene Au flew to Maui to spend a few days with Gurudev, and they joined him and the Stillwaters for a breathtaking drive high up to Haleakala Crater.

On the 18th of January Sri Gurudev gave a lecture in Kona organized by Bhagavan and Kaveri Buritz, who direct the Integral Yoga Teaching Center on the Big Island. Over 400 people attended Gurudev's talk and saw the slide show of LOTUS and the Ashram. The Buritzes arranged for Gurudev to stay in a lovely apartment facing the ocean and they also escorted him on an outing to several points on the island to enjoy its beauty.

Next Gurudev flew on to Honolulu, joined by the Stillwaters and Buritzes who had helped Sundari Wiig to organize a public lecture here. It was beautiful to witness these devotees who worked together so hard and so harmoniously to make this a very useful and inspiring "All Hawaii Tour." Special thanks to the Stillwaters, Buritzes, Sundari, Jeanne & Linda Wiig, the Auses and the Hsis (in whose home Gurudev stayed) for all their loving and selfless service which made this all possible.

Hong Kong

Sri Gurudev flew, on February 4, from Melbourne to Hong Kong where he was welcomed by his most senior devotees there, including the Harilela, Rathour, Chan and Kwan families.

Mr. George Harilela arranged a lecture at the Harilela Mansion. This was attended by both the Indian and Chinese communities. Mrs. Eva Kwan, whom many know from her long and dedicated service to Sri Gurudev, translated the talk into Chinese.

Eva's mother, Mrs. Ho, was trained as an Integral Yoga Hatha teacher in the early 1960's by Sri Gurudev. After that time she conducted weekly yoga classes at the South China Athletic Association. Just a few years ago Mrs. Ho, now in her eighties, retired from teaching. She has several trained teachers who are still conducting these classes which have been going strong for twenty-five years! Eva escorted Sri Gurudev to observe one of these classes, during which he corrected postures, answered questions and gave in-



The South China Athletic Association. Eva Kwan and her father, Mr. Ho, sit to the right of Sri Gurudev; Mrs. Ho, to his left.

structions in pranayama and meditation. Much interest was expressed by the teachers and students to have a formal branch of the IYI in Hong Kong.

During a visit to the office of the international *Bharat Ratna* magazine published by the Harilela group of companies, Gurudev was presented with the January issue by Sandi Harilela. This issue featured a cover story commemorating the 70th Jayanthi of Sri Gurudev. The beautiful color cover featured a photo of Gurudev and the title "Apostle of Peace." Sandi told Gurudev that she was receiving a lot of mail and phone calls applauding *Bharat Ratna* for their "best cover ever!" We wish to gratefully thank *Bharat Ratna* for honoring Sri Gurudev in this way.

Also special thanks to the entire Harilela family for the great and devoted care of Sri Gurudev during his visit.

Taiwan

On the 9th of February Sri Gurudev flew from Hong Kong to Taipei, capital of Taiwan, at the invitation of the China Yoga Association. The President of the Association, Dr. Helen Hwa, had met Gurudev in Japan during an International Yoga Convention in 1980 and then again in Zinal in 1983 and 1984, during the annual Yoga Convention there. In 1984 Dr. Hwa had requested that Gurudev make his first trip to Taiwan as a guest of the

China Yoga Association, and he graciously accepted.

Dr. Hwa, who is also a member of the Taiwan Congress, was able to meet Gurudev and escort him through Customs at the airport. Outside, a large group of Dr. Hwa's students were waiting patiently to receive him. They met him with flowers, garlands and a huge banner announcing, "Welcome Yoga Saint Swami Sat-chidananda!" The news media were also there to record the arrival of Gurudev, who was then immediately taken to a press conference and answered many questions about yoga and meditation. Though Hatha Yoga is becoming quite popular in Taiwan, the philosophy of Yoga is less well known. This was one of the first visits to Taiwan of a yoga master. Each day the newspapers chronicled the highlights of his visit.

Dr. Hwa arranged for Gurudev to stay at the magnificent Grand Hotel which looks like a Chinese Palace filled with traditional decor fit for a king!

Gurudev gave a lecture at the University of Taiwan on February 10th. He wrote on the blackboard the main precepts of yogic life: "Peaceful, Easeful, Useful." He also demonstrated proper posture for meditation and instructed the audience in pranayama techniques (which the TV cameras filmed with great fascination and later broadcast on the evening

news). The talk was translated into Chinese by a student of Dr. Hwa. Margaret Wang, Dr. Hwa's lovely daughter, flawlessly demonstrated yoga asanas.

The next day Sri Gurudev visited the Yoga Studio of Dr. Hwa and was met at the entrance of the building by a festive welcome — a display of Chinese fireworks.

Inside the studio the students demonstrated for Sri Gurudev various postures that they had perfected. They performed these asanas with Olympic-like precision and skill and asked Gurudev to speak to them more about meditation and mantras. He led the group in chanting "Om Shanthi." Many of the students expressed sincere interest in visiting the Ashram and even taking Teachers Training.

Sri Gurudev enjoyed a tour of the National Palace Museum, where one can see on display all the history and culture of Taiwan. An English-speaking guide conducted the tour. The two other English-speaking people who were part of the group were from Charlottesville, Virginia. What a small world!

That evening the India Association, which had learned that Gurudev was in Taiwan, invited him to address the Association members. The Vice-President of the Association, Mr. Harish Daswaney, introduced Gurudev, who spoke

and then offered to answer questions. One of the first questions was, "Will you demonstrate (referring to the poses) some yoga?" Gurudev gave a quick and profound reply, "I am demonstrating." At once the group realized the point that yoga is not just a group of exercises, but the example of one's life.

During the visit Dr. Hwa graciously hosted Gurudev and took him to sample the finest Chinese vegetarian restaurants where, in the gracious and feastlike style of the Chinese, over twenty items would sometimes be served at one meal. Who says a vegetarian diet is just for rabbits?

Special thanks to Dr. Hwa, Mr. Sun, Margaret and all the yoga students who helped make Gurudev's first visit to Taiwan so enjoyable and fruitful.

Japan

On the 12th of February Sri Gurudev flew to Tokyo, Japan where he was met by our own Sister Sharanya (Guest Master at the Virginia Ashram) who had lovingly arranged for his stay in her native country.

It had been five years since Gurudev's last visit to Japan. He spent much of his time visiting, touring and re-establishing former contacts with yoga groups. One very unique and unplanned reunion took place when a young Indian man recognized Gurudev while waiting for the ele-

A royal welcome to Taiwan. Dr. Helen Hwa stands on the left of Sri Gurudev.



vator in the hotel lobby. Mr. Nanda Kumar, who now lives in Tokyo, was visiting some friends who were staying in the same hotel as Gurudev. Mr. Kumar used to visit the Thapovanam when he was a child in Sri Lanka. After many years he was seeing Gurudev again. Mr. Kumar is the director of Breakthrough Seminars, which sponsors personal growth workshops. Later he visited with Gurudev and asked him to allow Breakthrough to sponsor yoga seminars with Gurudev at least yearly and to also distribute Gurudev's books throughout Japan.

Continued Travel

Sri Gurudev flew back to Hong Kong on February 17th. He again stayed with the Harilela family and then, on the 22nd of February, flew on to India, where he spent two weeks meeting with those overseeing the LOTUS items being made there. The items are just about complete,

and Gurudev gave final inspection and details. The completion and shipment to Virginia are scheduled within a few months.

On his way back to Virginia, Sri Gurudev stopped in Honolulu and San Francisco. He also spent a few days in Houston, Texas meeting with Dr. Dean Ornish, Dr. Amrita McLanahan, and the benefactors who fund the research on heart disease which was the basis of the book *Stress, Diet & Your Heart* by Dr. Ornish. On the 16th of March he was hosted by Dr. and Mrs. Rao and gave an informal satsang to the devotees and friends in San Antonio.

After three months of traveling, Sri Gurudev returned to Yogaville in Virginia on the 18th of March — much to the joy of the Virginia devotees.

—Swami Premananda Ma

AUSTRALIA REPORT

by Swami Premananda Ma

On the 21st of January Gurudev arrived in Melbourne, where the Integral Yoga family of devotees met him. From there he was flown to Satchidananda Ashram-Yogaville, Australia located in Buchan, which is in the deep country near the Snowy River and about five hours by road from Melbourne. Yogaville Australia was formerly known as "Ontos Yogaville," but during this visit Yogaville director Rev. Krishna Yogi requested that Ontos be accepted as a full-fledged Satchidananda Ashram. Seeing the increased interest at the Ashram and throughout Australia, Gurudev consented to spend several months a year in residence at Yogaville, Australia.

Rev. Krishna and Swami Nityanandaji serve as the pivots for all the activities going on in Australia in the name of Integral Yoga. To see them serving with such dedication and devotion to Gurudev and the ideals of Yoga is truly to experience Yoga in action. Rev. Krishna is heading up the work and expansion underway at Yogaville, Australia; and Nityanandaji is

overseeing the development of the city centers.

There appears to be an increasing interest in interfaith activities, and just prior to Gurudev's talk at the Melbourne Institute Nityanandaji invited a group of clergy from various denominations to meet Gurudev and discuss their ecumenical interests. The Archbishop of Melbourne sent a representative to attend this meeting. The outcome appears to be planning for an interfaith conference and ecumenical service during Gurudev's next visit.

Since Gurudev's visit, two Integral Yoga Teaching Centers and a Meditation Group have been formed in and around Melbourne.

A week-long retreat was held at the Ashram, and yoga students came from all over Australia to enjoy the retreat schedule and the opportunity to hear Gurudev speak. The Ashram is a lovely property of about 1,000 acres and has a sister community, Sunrise Farm, where a lot of organic gardening is going on along with



Time out for a game with the Master at the Australian Yogaville.

raising of sheep. The Ashram is mainly functioning as a retreat facility where a most of programs are planned. Now that Gurudev will spend the winter (the Australian summer) months of January and February there, the Ashram will focus on its development as a spiritual community and residence for sincere yoga aspirants. These students will have the unique opportunity to live and work in a yogic setting and to receive instruction from Gurudev when he is in residence and at other times from his trained students who are directing activities there.

A great (re)treating for the retreat staff was an outing to the Satchidananda Guha that Swami Nityanandaji organized. Within this beautiful cave a kirtan and meditation was conducted which Sri Gurudev attended. Imagine the reverberation and vibration and jubilation!

From the Ashram Gurudev flew to Adelaide in South Australia, where one of his eldest students resides. Gerta Stanislawski is past eighty. It was at about age seventy that she came all the way to the Connecticut Ashram to live for one month and take the Teachers Training course. Since then she has conducted classes in her home. The members of the South Australia Yoga Association are all very close friends, and so Gerta was joined by Margaret Jensen and Iris Clutham to host a one day yoga seminar with Gurudev.

On the 1st of February Gurudev flew

to Perth in Western Australia where he had been invited by the Beacon Yoga Center, also known as Sivananda Ashram. This is the Ashram of Swami Venkatesanandaji. It was there that just two years before, Gurudev spoke by phone with Swami Venkatesanandaji who was then in South Africa, for the last time. A great loss to the world was the passing of Swami Venkatesanandaji. His physical presence is sorely missed, but the students are nobly carrying on his work and message. They were thrilled to be able to have Gurudev with them for two days during which he gave talks and answered questions. Through the generosity of Gurudev's host in Australia, the director of the Ashram in Buchan, Rev. Krishna Yogi, a group of the Beacon Yoga Center members joined Gurudev for a fun-filled boat ride on the Indian Ocean to Rat's Nest Island. Gurudev also met with Swami Lakshmi Ananda who is working tirelessly to see to it that the Complete Works of Sri Swami Sivananda — a fabulous, voluminous work of Swami Venkatesanandaji's — is ready for the Centenary celebration in 1987. To support this worthy project and/or to order books, please contact the Beacon Yoga Center, P.O. Box 2, So. Fremantle, 6162, Western Australia.

We are very grateful to Rev. Krishna Yogi for being a wonderful instrument in making Gurudev's teachings available in Australia.

LOTUS DINNER: JANUARY 10, 1985

Nearly ninety devotees joined Sri Gurudev for a LOTUS fund-raising dinner on January 10 at Gaylord's Indian Restaurant, overlooking the San Francisco Bay.

The devotees sang, "Let us walk together, talk together, live together as one" as Sri Gurudev entered. After the meal Reverend Rishi led a spirited auction, and Swami Premanandaji presented Sita Bordow with a beautiful Indian shawl, a gift from Sri Gurudev to honor her completion of the book *The Master's Touch*.

Mitra Lerner gave a very beautiful talk, putting Sri Gurudev's work into a historical perspective, concluding with the fol-

lowing words: "I personally think of LOTUS as Gurudev's footprint in the United States — as the mark he leaves in the sandy red soil of rural Virginia. And for his students it is both a gift and a challenge . . . Once he has lit that light . . . they will be challenged to deserve to be the guardians of the light of ecumenism by keeping their own lanterns as clear as they possibly can."

To conclude the evening LOTUS coordinator Reverend Leela Godino presented Sri Gurudev with a plaque inscribed, "To the Best Guru in the Whole Wide World."

*Badrinath Rodrigues and
Sw. Divyananda Ma*

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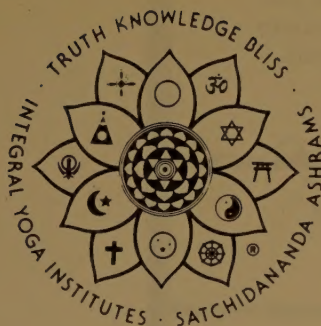
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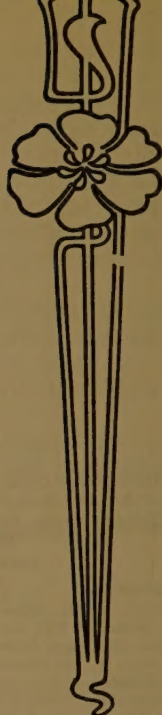
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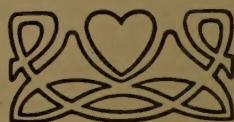
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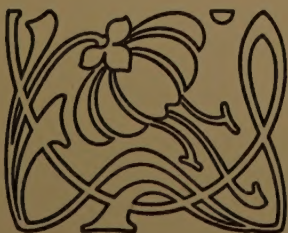


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Integral Yoga is a synthesis of the various branches of Yoga. It is a scientific system for the harmonious development of every aspect of the individual. The following are some of its different branches.

Raja Yoga The path of concentration and meditation. Based on ethical perfection and control of the mind, it leads ultimately to the state of *Samadhi* or Super-consciousness.

Japa Yoga The concentrated repetition of a *mantram* (a sound vibration representing an aspect of the Divine), leading to awareness of this vibration and attunement to IT.

Hatha Yoga Postures (*asanas*), breath control (*pranayama*), relaxation, and cleansing practices (*kriyas*) to purify and strengthen the body and mind.

Karma Yoga The path of selfless service. By performing duties without attachment to the fruits of the action, the Karma Yogi becomes a conscious instrument of the Divine Will.

Bhakti Yoga The path of love and devotion to God, to an incarnation of the Divine or to a spiritual teacher. By transcending the limited personality, one attains union with the Divine.

Jnana Yoga The path of wisdom. By study, self-analysis and awareness, the Jnana Yogi ceases to identify with the body and mind, and realizes the Oneness.

The goal of Integral Yoga is: "A body of perfect health and strength, mind with all clarity and control, intellect as sharp as a razor, will of steel, heart full of love and mercy, a life dedicated to the common welfare, and realization of the true Self."

Sri Sri Satguru Devanand
— Bh —